

Amendments to the Claims:

1-48. (Canceled).

49. (New) A method for increasing lactose tolerance in a subject experiencing lactose intolerance comprising the steps of:

a) administering a first dosage of a lactose containing product to the subject each day for a first predetermined number of days,

wherein said first predetermined number of days is 42 days, and

wherein said first dosage comprises administering either about 1 tablespoon of milk or about 0.8 grams of lactose powder for days 1 to 3 of said first predetermined number of days;

b) administering a pharmaceutically effective amount of live cultured bacteria to the subject each day in conjunction with the administration of said first dosage, the administration of the live cultured bacteria commencing on the first day of said first predetermined number of days and continuing for two days;

c) increasing said first dosage over the course of said first predetermined number of days, said first dosage increasing at a rate of 1 additional tablespoon of milk or about 0.8 additional grams of lactose powder for each day beginning with day 4 of said first predetermined number of days such that by about day 18 of said first predetermined number of days said first dosage is about 16 tablespoons of milk or about 12.8 grams of lactose powder;

d) administering a second dosage of the lactose containing product to the subject each day starting at day 19 of said first predetermined number of days, wherein said second dosage comprises about 1 tablespoon of milk or about 0.8 grams lactose powder; and

e) increasing said second dosage over the course of said first predetermined number of days, wherein said second dosage increases at a rate of about 1 additional tablespoon of milk or about 0.8 additional grams of lactose powder for each day such that by about day 34 of said first predetermined number of days said second dosage is about 16 tablespoons of milk or about 12.8 grams of lactose powder, said second dosage being administered at a time of the day other than when said first dosage is administered.

2 ~~50.~~ (New) The method set forth in claim ~~49~~¹, wherein said lactose powder is in capsule form.

3 ~~51.~~ (New) The method set forth in claim ~~49~~¹, further comprising:

f) discontinuing administration of the first and second dosages at day 35 of said first predetermined number of days; and

g) administering to the subject a third dosage of a lactose containing product in a predetermined amount twice a day beginning at said day 35 and continuing for the remainder of said first predetermined number of days,

wherein said third dosage comprises about 9 ounces of milk, said third dosage increasing at a rate of 1 ounce of milk each day for three days such that on about day 38 of said first predetermined number of days said third dosage comprises about 12 ounces of milk.

B1 4 ~~52.~~ (New) The method set forth in claim ~~51~~³, further comprising discontinuing the administration of said third dosage on about day 39 of said first predetermined number of days and administering about 1 or 2 ounces of cheese for two days thereafter with dinner.

5 ~~53.~~ (New) The method set forth in claim ~~51~~³, wherein the dosages of the lactose containing products are administered without meals.

6 ~~54.~~ (New) The method set forth in claim ~~51~~³, wherein the dosages of the lactose containing products are administered in conjunction with meals.

7 ~~55.~~ (New) The method set forth in claim ~~54~~⁶, wherein the administration of said first dosage is performed with dinner, the administration of said second dosage is performed with breakfast, and the administration of said third dosage is performed with both breakfast and dinner.